

MAC GROUP EXERCISE SCHEDULE – NOVEMBER 2010

MAC AQUA

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDY 6	SUNDAY 7
8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM P H ₂ O AEROBICS <i>Kim</i>	8:30AM (45min)P DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Bonnie</i>		
	9:15AM (45min)P H ₂ O PILATES <i>Nellie</i>		9:15AM (45min)P H ₂ O PILATES <i>Bonnie</i>			
9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Nellie</i>	9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</i>	9:45 AM P H ₂ O AEROBICS <i>Laura RB</i>		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE <i>Thelma</i>		10:00 AM P H ₂ O SCULPT <i>Thelma</i>	
	6:00 PM P H ₂ O SCULPT <i>Stacy</i>		6:00 PM P DEEPH ₂ O CHLLNGE <i>Thelma</i>			4:00 PM P H ₂ O WALKNG <i>Stacy</i>

MAC SPIN

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6	SUNDAY 7
6:00AM SS SPIN40&ABS20 <i>Emilie</i>	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN <i>Emilie</i>		
9:30 AM SS MAC SPIN <i>Deborah</i>	9:30 AM SS MAC SPIN <i>Gwen</i>	9:30 AM SS MAC SPIN <i>Gwen</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Lise</i>	8:30AM 75in MAC SPIN.SS <i>Monica</i>	
	11:30 AM SS MAC EZ RIDER *On Request *	10:00 AM G/SS SPIN & SPAR <i>Patricia</i>				
5:30 PM.SS MAC SPIN <i>Gwen</i>		5:30 PM.SS MAC SPIN <i>Gwen</i>				
	6:30 PM.SS MAC SPIN <i>Natalie?</i>		6:30 PM.SS MAC SPIN <i>Monica</i>			

MAC GROUP EX & MIND/BODY

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDY 6	SUNDAY 7
					8:30 AM.GX1 TBS <i>Ruth</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Patricia</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	9:30 AM.GX1 JUST STEP <i>Randy</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Seo</i>	
10:00AM.GYM MAC ATTACK <i>Gwen</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.M/B FITNESS YOGA <i>Deborah</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:00 AM.GYM H.I.T. <i>Gwen</i>		
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.GX1 STEP&STRGTH <i>Patricia</i>		10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.GX1 STEP&STRGT <i>Randy</i>	10:30 AM GX2 LIA <i>Ruth</i>	11:00AM.GX1 TBS <i>Wendy</i>
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.GX-1 TAI CHI <i>Jack</i>		11:30AM.M/B YOGALAX <i>Sandi</i>	10:30AM.M/B PILATES <i>Deborah</i>	10:45AM BODYCOMBAT <i>Jessica S</i>	
4:30PM GX1 BODYPUMP <i>Melissa</i>		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	11:30AM.GYM ZUMBA <i>Tracey</i>	
4:30PM M/B GENTLE.YOGA ??	5:30PM GX1 TWEENS <i>Jessica</i>	4:30 PM.GX1 STEP&STRNTH <i>Ruth</i>				
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Arthur</i>
5:30PM.M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Arthur</i>	5:30 PM.GX1 TBS <i>Ruth</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30PM75minGX1 TBS/CORE <i>Ruth</i>	6:30 PM GX1 BODYCOMBAT <i>Jessica S</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS.YOGA <i>Debbie</i>			
6:30 PM M/B INTERMD.YOGA <i>Jayne</i>	6:30 PM.GYM H.I.T. <i>Jessica</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	6:30PM.GYM MAC.ATTACK <i>Gwen</i>			
	6:30 PM.M/B PRENAT.YOGA <i>Deborah</i>	6:30PM.M/B INTRMDYOGA <i>Jayne</i>				

M/B = MIND/BODY STUDIO, 2ND FLOOR GX2=BLUE STUDIO, 1ST FLOOR P=INDOOR POOL SS=SPIN STUDIO
GX1= AEROBIC STUDIO, 2ND FLOOR GYM= BASKETBALL GYM

MAC GROUP EXERCISE SCHEDULE – NOVEMBER 2010

MAC AQUA

MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM P H ₂ O AEROBICS <i>Kim</i>	8:30AM (45min)P DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Kim</i>		
	9:15AM (45min)P H ₂ O PILATES <i>Nellie</i>		9:15AM (45min)P H ₂ O PILATES <i>Bonnie</i>			
9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Nellie</i>	9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</i>	9:45 AM P H ₂ O AEROBICS <i>Laura RB</i>		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE <i>Thelma</i>		10:00 AM P H ₂ O SCULPT <i>Kathleen</i>	
	6:00 PM P H ₂ O SCULPT <i>Bonnie</i>		6:00 PM P DEEPH ₂ O CHLLNGE <i>Bonnie</i>			4:00 PM P H ₂ O WALKNG <i>Kathleen</i>

MAC SPIN

MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
6:00AM SS SPIN40&ABS20 <i>Emilie</i>	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN <i>Emilie</i>		
9:30 AM SS MAC SPIN <i>Gwen</i>	9:30 AM SS MAC SPIN <i>Patricia</i>	9:30 AM SS MAC SPIN <i>Michelle</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Gwen</i>	8:30AM 75in MAC SPIN.SS <i>Tina?</i>	
	11:30 AM SS MAC EZ RIDER *On Request *	10:00 AM G/SS SPIN & SPAR <i>Patricia</i>				
5:30 PM.SS MAC SPIN <i>Monica</i>		5:30 PM.SS MAC SPIN <i>Debbie</i>				
	6:30 PM.SS MAC SPIN <i>Laura</i>		6:30 PM.SS MAC SPIN <i>Monica</i>			

MAC GROUP EX & MIND/BODY

MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
					8:30 AM.GX1 TBS <i>Wennedy</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Michelle</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	9:30 AM.GX1 JUST STEP <i>Randy</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Seo</i>	
10:00AM.GYM MAC ATTACK <i>Kim</i>	10:30AM.M/B PILATES <i>Deborah</i>	10:30AM.M/B FITNESS YOGA <i>Sandi</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:00 AM.GYM H.I.T. <i>Kim</i>		
10:30AM .M/B FITNESS.YOGA <i>Deborah</i>	10:30AM.GX1 STEP&STRGTH <i>Laura</i>		10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.GX1 STEP&STRGT <i>Randy</i>	10:30 AM GX2 LIA <i>Wennedy</i>	11:00AM.GX1 TBS
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.GX-1 TAI CHI <i>Jack</i>		11:30AM.M/B YOGALAX <i>Lise</i>	10:30AM.M/B PILATES <i>Deborah</i>	10:45AM BODYCOMBAT <i>Jessica S</i>	
4:30PM GX1 BODYPUMP <i>Melissa</i>		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	11:30AM.GYM ZUMBA <i>Tracey</i>	
4:30PM M/B GENTLE.YOGA <i>Sandi</i>	5:30PM GX1 TWEENS <i>Jessica</i>	4:30 PM.GX1 STEP&STRNTH <i>Ruth</i>				
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Deborah</i>
5:30PM.M/B PILATES <i>SandiKelly</i>	5:30PM.M/B FITNESS YOGA <i>Debbie</i>	5:30 PM.GX1 TBS <i>Ruth</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30PM75minGX1 TBS/CORE <i>Ruth</i>	6:30 PM GX1 BODYCOMBAT <i>Jessica S</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS.YOGA <i>Arthur</i>			
6:30 PM M/B INTERMD.YOGA <i>Arthur</i>	6:30 PM.GYM H.I.T. <i>Gwen</i>	6:30 PM.GX1 BODY PUMP <i>Melissa</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			
	6:30 PM.M/B PRENAT.YOGA <i>Deborah</i>	6:30PM.M/B INTRMDYOGA <i>Jayne</i>				

M/B = MIND/BODY STUDIO, 2ND FLOOR GX2=BLUE STUDIO, 1ST FLOOR P=INDOOR POOL SS=SPIN STUDIO
GX1= AEROBIC STUDIO, 2ND FLOOR GYM= BASKETBALL GYM

MAC GROUP EXERCISE SCHEDULE – NOVEMBER 2010

MAC AQUA

MONDAY 15	TUESDAY 16	WEDNESDY17	THURSDAY 18	FRIDAY19	SATURDY 20	SUNDAY 21
8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM P H ₂ O AEROBICS <i>Kim</i>	8:30AM (45min)P DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Kim</i>		
	9:15AM (45min)P H ₂ O PILATES <i>Nellie</i>		9:15AM (45min)P H ₂ O PILATES <i>Bonnie</i>			
9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Nellie</i>	9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Louise</i>	9:45 AM P H ₂ O AEROBICS <i>Laura RB</i>		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE <i>Thelma</i>		10:00 AM P H ₂ O SCULPT <i>Thelma</i>	
	6:00 PM P H ₂ O SCULPT <i>Stacy</i>		6:00 PM P DEEPH ₂ O CHLLNGE <i>Bonnie</i>			4:00 PM P H ₂ O WALKNG <i>Bonnie</i>

MAC SPIN

MONDAY 15	TUESDAY16	WEDNESDY 17	THURSDAY 18	FRIDAY 19	SATURDAY 20	SUNDAY 21
6:00AM SS SPIN40&ABS20 <i>Emilie</i>	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN <i>Emilie</i>		
9:30 AM SS MAC SPIN <i>Laura</i>	9:30 AM SS MAC SPIN <i>Gwen</i>	9:30 AM SS MAC SPIN <i>Michelle</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Gwen</i>	8:30AM 75in MAC SPIN.SS <i>Laura</i>	
	11:30 AM SS MAC EZ RIDER *On Request *	10:00 AM G/SS SPIN & SPAR <i>Patricia</i>				
5:30 PM.SS MAC SPIN <i>Monica</i>		5:30 PM.SS MAC SPIN <i>Gwen</i>				
	6:30 PM.SS MAC SPIN <i>Laura</i>		6:30 PM.SS MAC SPIN <i>Monica</i>			

MAC GROUP EX & MIND/BODY

MONDAY 15	TUESDAY 16	WEDNESDAY17	THURSDAY 18	FRIDAY 19	SATURDY 20	SUNDAY 21
					8:30 AM.GX1 TBS <i>Ruth</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Patricia</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	9:30 AM.GX1 JUST STEP <i>Randy ??</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Melissa</i>	
10:00AM.GYM MAC ATTACK <i>Gwen</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.M/B FITNESS YOGA <i>Deborah</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:00 AM.GYM H.I.T. <i>Kim</i>		
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.GX1 STEP&STRGTH <i>Gwen</i>		10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.GX1 STEP&STRGT <i>Laura</i>	10:30 AM GX2 LIA <i>Ruth</i>	11:00AM.GX1 TBS <i>Wendy</i>
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.GX-1 TAI CHI <i>Jack</i>		11:30AM.M/B YOGALAX <i>Sandi</i>	10:30AM.M/B PILATES <i>Michelle</i>	10:45AM BODYCOMBAT <i>Jessica S</i>	
4:30PM GX1 BODYPUMP <i>Melissa</i>		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	11:30AM.GYM ZUMBA <i>Tracey</i>	
4:30PM M/B GENTLE.YOGA <i>Deborah</i>	5:30PM GX1 TWEENS <i>Jessica</i>	4:30 PM.GX1 STEP&STRNTH <i>Ruth</i>				
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA ??
5:30PM.M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Debbie-</i>	5:30 PM.GX1 TBS <i>Ruth</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30PM75minGX1 TBS/CORE <i>Ruth</i>	6:30 PM GX1 BODYCOMBAT <i>Seo</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS.YOGA <i>Debbie</i>			
6:30 PM M/B INTERMD.YOGA <i>Arthur</i>	6:30 PM.GYM H.I.T. <i>Gwen</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			
	6:30 PM.M/B PRENAT.YOGA <i>Deborah</i>	6:30PM.M/B INTRMDYOGA <i>Jayne</i>				

M/B = MIND/BODY STUDIO, 2ND FLOOR GX2=BLUE STUDIO, 1ST FLOOR P=INDOOR POOL SS=SPIN STUDIO
GX1= AEROBIC STUDIO, 2ND FLOOR GYM= BASKETBALL GYM

MAC GROUP EXERCISE SCHEDULE – NOVEMBER 2010

MAC AQUA

MONDAY 22	TUESDAY 23	WEDNESDY24	THURSDAY 25	FRIDAY 26	SATURDY 27	SUNDAY28
8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBICS <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Kim</i>	8:30AM (45min)P DEEPH ₂ O AEROBIC NO CLASS	8:30AM P H ₂ O AEROBICS <i>Kim</i>		
	9:15AM (45min)P H ₂ O PILATES <i>Bonnie</i>		9:15AM (45min)P H ₂ O PILATES NO CLASS			
9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Bonnie</i>	9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS NO CLASS	9:45 AM P H ₂ O AEROBICS <i>Louise</i>		
	11:00 AM P AQUALYTE <i>Bonnie</i>		11:00 AM P AQUALYTE NO CLASS		10:00 AM P H ₂ O SCULPT <i>Kathleen</i>	
	6:00 PM P H ₂ O SCULPT <i>Bonnie</i>		6:00 PM P DEEPH ₂ O CHLLNGE NO CLASS			4:00 PM P H ₂ O WALKNG <i>Debi</i>

MAC SPIN

MONDAY 22	TUESDAY23	WEDNESDAY24	THURSDAY 25	FRIDAY 26	SATURDAY27	SUNDAY 28
6:00AM SS SPIN40&ABS20 <i>Emilie</i>	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN NO CLASS		
9:30 AM SS MAC SPIN <i>Gwen</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	9:30 AM SS MAC SPIN <i>Gwen</i>	9:30 AM SS MAC SPIN	9:30 AM SS MAC SPIN <i>Deborah</i>	8:30AM 75in MAC SPIN.SS	
	11:30 AM SS MAC EZ RIDER *On Request *	10:00 AM G/SS SPIN & SPAR <i>Patricia</i>				
5:30 PM.SS MAC SPIN <i>Gwen</i>		5:30 PM.SS MAC SPIN <i>Robert?</i>				
	6:30 PM.SS MAC SPIN <i>Laura</i>		6:30 PM.SS MAC SPIN NO CLASS			

MAC GROUP EX & MIND/BODY

MONDAY 22	TUESDAY 23	WEDNESDY24	THURSDAY 25	FRIDAY 26	SATURDY27	SUNDAY 28
					8:30 AM.GX1 TBS <i>Wendy?</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Patricia</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	9:30 AM.GX1 JUST STEP NO CLASS	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Seo</i>	
10:00AM.GYM MAC ATTACK <i>Kim</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.M/B FITNESS YOGA <i>Sandi</i>	10:30AM GX1 BODY PUMP NO CLASS	10:00 AM.GYM H.I.T. <i>Kim</i>		
10:30AM .M/B FITNESS.YOGA <i>Deborah</i>	10:30AM.GX1 STEP&STRGTH <i>Patricia</i>		10: 30 AM.GX2 TBS NO CLASS	10:30AM.GX1 STEP&STRGT <i>Randy ?</i>	10:30 AM GX2 LIA <i>Wendy?</i>	11:00AM.GX1 TBS <i>Monica</i>
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.GX-1 TAI CHI <i>Jack</i>		11:30AM.M/B YOGALAX NO CLASS	10:30AM.M/B PILATES <i>Deborah</i>	10:45AM BODYCOMBAT <i>Seo</i>	
4:30PM GX1 BODYPUMP <i>Melissa</i>		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	11:30AM.GYM ZUMBA <i>Tracey</i>	
4:30PM M/B GENTLE.YOGA <i>Sandi</i>	5:30PM GX1 TWEENS <i>Jessica</i>	4:30 PM.GX1 STEP&STRNTH <i>Gwen</i>				
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Jayne</i>
5:30PM.M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA ??	5:30 PM.GX1 TBS <i>Gwen</i>	5:30 PM.GYM ZUMBA NO CLASS			
6:30PM75minGX1 TBS/CORE <i>Ruth</i>	6:30 PM GX1 BODYCOMBAT <i>Seo</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS.YOGA NO CLASS			
6:30 PM M/B INTERMD.YOGA <i>Arthur</i>	6:30 PM.GYM H.I.T. <i>Gwen</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	6:30PM.GYM MAC.ATTACK NO CLASS			
	6:30 PM.M/B PRENAT.YOGA <i>Deborah</i>	6:30PM.M/B INTRMDYOGA ??				

M/B = MIND/BODY STUDIO, 2ND FLOOR GX2=BLUE STUDIO, 1ST FLOOR P=INDOOR POOL SS=SPIN STUDIO
GX1= AEROBIC STUDIO, 2ND FLOOR GYM= BASKETBALL GYM

MAC GROUP EXERCISE SCHEDULE – NOVEMBER 2010

MAC AQUA

MONDAY 29	TUESDAY 30	WEDNESDAY	THURSDAY	FRIDAY	SATURDY	SUNDAY
8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM P H ₂ O AEROBICS	8:30AM (45min)P DEEPH ₂ O AEROBIC	8:30AM P H ₂ O AEROBICS		
	9:15AM (45min)P H ₂ O PILATES <i>Nellie</i>		9:15AM (45min)P H ₂ O PILATES			
9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Nellie</i>	9:45 AM P H ₂ O AEROBICS	10:00 AM P H ₂ O ARTHRITIS	9:45 AM P H ₂ O AEROBICS		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE		10:00 AM P H ₂ O SCULPT	
	6:00 PM P H ₂ O SCULPT <i>Bonnie</i>		6:00 PM P DEEPH ₂ O CHLLNGE			4:00 PM P H ₂ O WALKNG

MAC SPIN

MONDAY 29	TUESDAY 30	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM SS SPIN40&ABS20 <i>Emilie</i>	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN		
9:30 AM SS MAC SPIN <i>Laura</i>	9:30 AM SS MAC SPIN <i>Patricia</i>	9:30 AM SS MAC SPIN	9:30 AM SS MAC SPIN	9:30 AM SS MAC SPIN	8:30AM 75in MAC SPIN.SS	
	11:30 AM SS MAC EZ RIDER *On Request *	10:00 AM G/SS SPIN & SPAR				
5:30 PM.SS MAC SPIN <i>Monica</i>		5:30 PM.SS MAC SPIN				
	6:30 PM.SS MAC SPIN <i>Gwen</i>		6:30 PM.SS MAC SPIN			

MAC GROUP EX & MIND/BODY

MONDAY 29	TUESDAY 30	WEDNESDAY	THURSDAY	FRIDAY	SATURDY	SUNDAY
					8:30 AM.GX1 TBS	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Gwen</i>	9:30 AM .GX1 LINEUP.DANCE	9:30 AM.GX1 JUST STEP	9:30 AM.GX1 LIA	9:30AM.GX1 BODY PUMP	
10:00AM.GYM MAC ATTACK <i>Kim</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.M/B FITNESS YOGA	10:30AM GX1 BODY PUMP	10:00 AM.GYM H.I.T.		
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.GX1 STEP&STRGTH <i>Patricia</i>		10: 30 AM.GX2 TBS	10:30AM.GX1 STEP&STRGT	10:30 AM GX2 LIA	11:00AM.GX1 TBS
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.GX-1 TAI CHI <i>Jack</i>		11:30AM.M/B YOGALAX	10:30AM.M/B PILATES	10:45AM BODYCOMBAT	
4:30PM GX1 BODYPUMP <i>Melissa</i>		11:30AM.GX1 BUFF&SHINE		11:30 AM.GX1 BUFF&SHINE	11:30AM.GYM ZUMBA	
4:30PM M/B GENTLE.YOGA <i>Deborah</i>	5:30PM GX1 TWEENS <i>Jessica</i>	4:30 PM.GX1 STEP&STRNTH				
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	4:30PM.M/B YIN YOGA				4:00 PM.M/B GENTLY.YOGA
5:30PM.M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Arthur</i>	5:30 PM.GX1 TBS	5:30 PM.GYM ZUMBA			
6:30PM75minGX1 TBS/CORE <i>Ruth</i>	6:30 PM GX1 BODYCOMBAT <i>Jessica S</i>	5:30PM M/B PILATES	5:30PM.M/B FITNESS.YOGA			
6:30 PM M/B INTERMD.YOGA <i>Arthur</i>	6:30 PM.GYM H.I.T. <i>Jessica</i>	6:30 PM.GX1 BODY PUMP	6:30PM.GYM MAC.ATTACK			
	6:30 PM.M/B PRENAT.YOGA <i>Deborah</i>	6:30PM.M/B INTRMDYOGA				

M/B = MIND/BODY STUDIO, 2ND FLOOR GX2=BLUE STUDIO, 1ST FLOOR P=INDOOR POOL SS=SPIN STUDIO
GX1= AEROBIC STUDIO, 2ND FLOOR GYM= BASKETBALL GYM

MAC GROUP EXERCISE SCHEDULE – NOVEMBER 2010

MAC AQUA